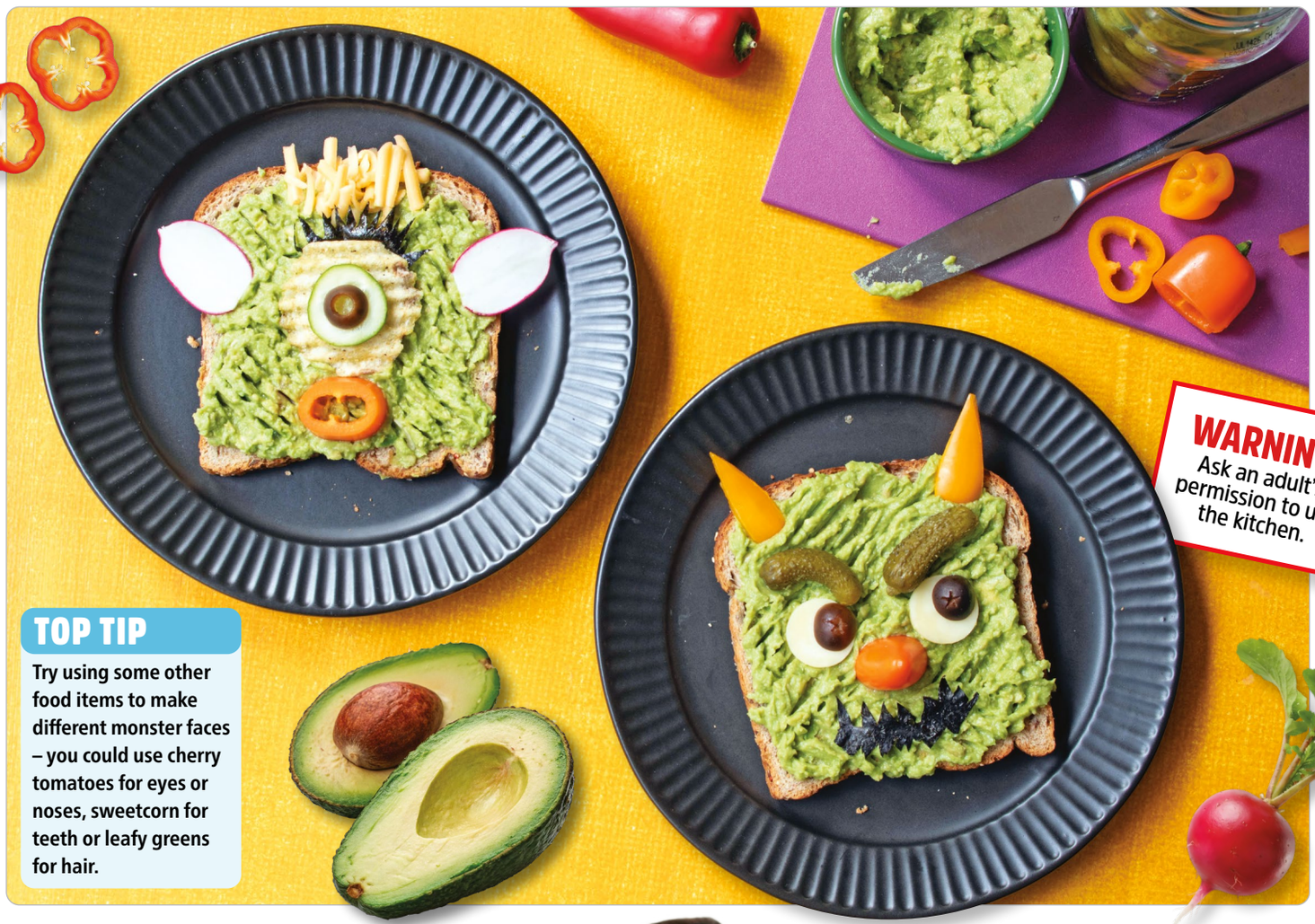
Make monster mash toast

Start setting the Halloween mood with this boo-rilliant breakfast.



WARNING! Ask an adult's permission to use the kitchen.

TOP TIP

Try using some other food items to make different monster faces – you could use cherry tomatoes for eyes or noses, sweetcorn for teeth or leafy greens for hair.

What you need

- 2 slices of **bread**
- 1 avocado, peeled and pitted (remove the seed)
- Salt
- Black pepper
- Half a lemon
- 2 or 3 mini bell peppers
- 1 small sheet of seaweed snack
- Various toppings, such as grated or sliced **cheese**, olives, cornichons, crisps, cucumbers and radishes

Looking for a fun snack to get you in the mood for the spooky season? Monster mash toast is delicious, plus it's got lots of vegetables and fruit in it, including avocado.

Humans have been eating avocado (which is actually classed as a berry) since around 10,000BC. Most come from Mexico but they also grow in the Caribbean islands, California, Israel and southern Europe. Avocados contain vitamins, minerals and fibre – all things that are part of a healthy diet.

Allergy information

Ingredients in **bold** are allergens. Allergens are substances that can cause allergic reactions in some people. If you have a food allergy, carefully check the items listed. You can find more information at tinyurl.com/TWJ-allergies



Instructions

1. Toast each slice of bread and set aside. Place the avocado in a small bowl and use a fork to mash it until mostly smooth. Season to taste with salt and pepper and add a small squeeze of lemon juice (this will stop the avocado from browning too quickly).
2. With an adult's help, trim the bell peppers into ears, horns, noses or mouths as shown. Use the seaweed sheet to make eyelashes or a mouth.
3. Cut your other chosen toppings into more facial features. We made eyes with crisps, cucumbers, cheese and olives. We used grated cheese for hair, radish slices for ears, and cornichons for eyebrows.
4. Spread a layer of mashed avocado on each slice of toast. Arrange a face on each with your prepared topping pieces. Eat immediately.

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